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## Transitional Living/Mental Health Programs in San Fernando Valley and El Monte Service Areas

### Program Services

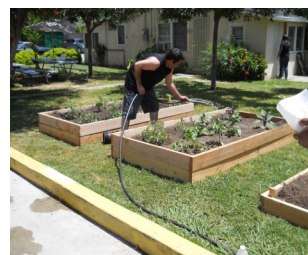
- 24-hour staff
- 12 month program
- Mental Health treatment and support services for substance abuse
- Daily activity
- Living skills- budgeting, shopping, cooking, communication skills, medication management, grooming and housekeeping
- Community Outreach, Transportation Assistance, Case Management
- Independent living skills training
- Vocational
- Education: High School/Adult Education and local community colleges, GED prep classes
- Leisure and socialization

BRIDGES, Inc. maintains family-like (small 6 bed homes) licensed Transitional Living/Mental Health Programs in the San Fernando Valley and El Monte service areas.

**WE ARE CURRENTLY  
ACCEPTING NEW CLIENTS  
into our TRANSITIONAL  
RESIDENTIAL PROGRAMS.**

### Eligibility Requirements:

- **TAY 18-24  
(CURRENT OPENINGS)**
- Adults 18-59  
(El Monte Programs)
- Axis I Diagnosis and/or Dual Diagnosis
- **Must have Medi-Cal**



BRIDGES, Inc. is a contract provider of  
Los Angeles County Department of Mental Health



## Project Independence- A Wellness and Recovery Center Newsflash

**Project Independence**, a **Wellness and Recovery** Center works to integrate physical and mental health, vocational and employment, housing support, peer support and recreational activity. **Or** do you need more intensive outpatient mental health treatment to start? **We have current openings. Call Us!! We accept medi-cal and persons who are uninsured.**

- Are you a consumer of mental health who wants to manage your own symptoms?
- Are you ready to assume personal responsibility?
- Do you just need some help with self-advocacy?
- Have you neglected your physical health?
- Do you need help with learning to identify your triggers for relapse?
- Are you struggling with getting a job or going to school?

**Project Independence may be the Center for you.** Come talk to one of our helpful staff to find out. If you are receiving services for mental health issues and/or drug and alcohol problems ask your provider if joining our Center may be of benefit. **If you are living on your own, in a board and care, or with family and friends, please join us.** This Center offers a menu of services and is for persons ready to embrace independence and maintain good health.

**You can come into the center as little or as much as you want.**

**Project Independence, a Wellness and Recovery Center is ACCEPTING NEW applications**

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Case Manager

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All services offer individuals the opportunity to develop and strengthen their independent living skills within a supportive, community environment. Social support, education, counseling, and assistance with medications are available. Specialized counseling is provided to address co-occurring disorders. Peer Support is now available.

*Program Support by LACODMH Mental Health Service Act Funds*

We will help you develop your OWN plan of recovery and are ready to assist you with:

- **Gaining "a support system"**
- **Having a safe place to learn and grow**
- **Learning to get and keep a job**
- **Enrolling in school!**

- **Help with your housing**
- **Learning to set realistic goals for your life**
- **Family engagement**
- **Clean and sober socialization and networking**

- **Learning your neighborhood and resources**
- **Getting a primary care doctor and regular check ups**